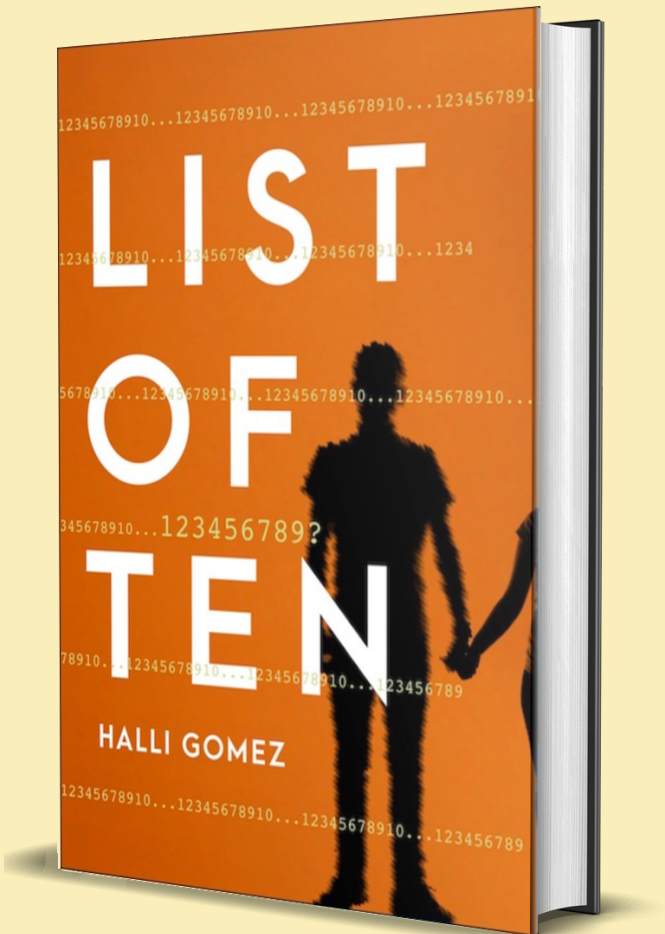


List of Ten

A Young Adult Novel
by Halli Gomez



A harrowing yet hopeful account of a teen living with Tourette Syndrome and Obsessive Compulsive Disorder and contemplating his own mortality.

Perfect for fans of
All the Bright Places and
Turtles All the Way Down

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Sterling Teen

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DISCUSSION QUESTIONS

1. Explain Troy's feelings of isolation and why you think he chose to physically isolate himself.
2. Has anyone ever made fun of you for something you cannot help or control? How did that feel?
3. Why is it important to understand someone else's situation, feelings, and motivations?
4. How did Troy's thoughts on his disorders change throughout the story?
5. Has suicide impacted your life in any way?

DISCUSSION QUESTIONS (continued)

6. How did Khory respond when she found Troy's List of Ten?

7. Do you think Khory's response to Troy's behavior was the right thing to do?

8. While Troy struggled, there were reasons for him to keep going and not end his life. What do you feel ultimately helped him see his life is worth living?

9. Do you know someone who is either neurodivergent or disabled and spends most of the time by themselves? How could you include that person?

RESOURCES

The visual aspects of neurological disorders can be compared to the top of an iceberg while numerous other disorders and concerns hide below the surface. Anxiety, depression, and thoughts of suicide are a few that may be found there.

It is important to know that while many things in life can remain private between friends, suicide cannot be one of those. It is not something a person or friend can handle alone. If you or anyone you know has thoughts of suicide, please reach out. There are many avenues for help.

RESOURCES (continued)

Tourette Association of America
Tourette.org

Suicide
National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Crisis Text Line
(Text HOME to 741-741)

American Foundation for Suicide Prevention
Afsp.org

Risk Factors and Warning Signs
afsp.org/risk-factors-and-warning-signs

National Alliance on Mental Health (NAMI)
Nami.org
1-800-950-NAMI